

2014 Child Behaviors and Health in Koror Preliminary Results

The US Department of Agriculture (USDA)-supported Children's Healthy Living Program, or CHL, has been working with your community to understand the behaviors and health of children 2-8 years of age. In March-April 2014, parents, teachers, community members, and project partners gathered data in your community. A total of 135 children from the Koror community participated in this study. Here we have some preliminary results from our joint work. With this information parents and community leaders can see where things are going well and where additional energy, leadership, and resources will need to be placed to raise the next generation of healthy, happy children.

Child sex, age, race distribution

Among the 135 children, 132 had information on sex, of which 62 (47%) were girls and 70 (53%) were boys. Furthermore, 105 (78%) were of age group 2-5 years and 30 (22%) were of age group 6-8 years. All had information on race, of which 98 (74%) were Native Hawaiian/ Pacific Islander (NHPI), 6 (5%) and 29 (22%) were more than one race. From NHPI children, 94 (70%) were Palauan.

Potential outliers with extreme values (defined as those with a value of 3 standard deviations (sd) above or below the mean) were excluded from this report.

Children's Body Mass Index by Category as defined by the Center for Diseases Control and Prevention (CDC)

A total of 129 children were included for this analysis. Among them, 73% were healthy weight, 2% underweight, 9% overweight, and 16% were obese. Among **boys**, 69% were healthy weight, 2% were underweight, 9% overweight, and 21% were obese (Figure 1A). Among **girls**, 77% were healthy weight, 3% were underweight, 8% overweight and 11% obese (Figure 1B).

Figure 1A. Prevalence of overweight and obesity of study boys from Koror (n=68)

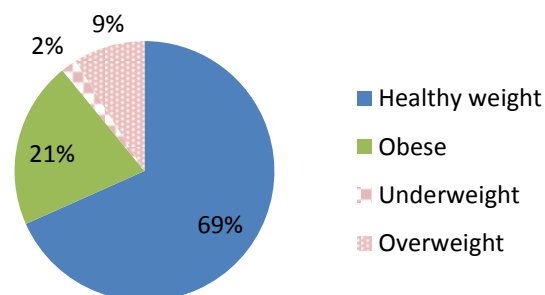
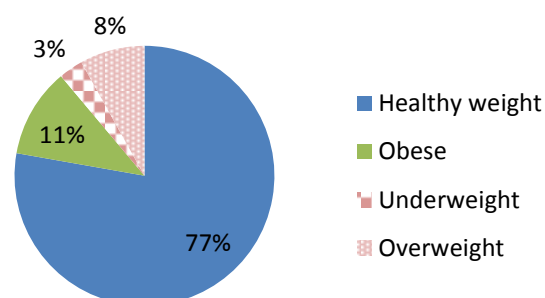


Figure 1B. Prevalence of overweight and obesity of study girls from Koror (n=61)



Strategies that CHL are promoting in raising healthy children include: (1) a healthy lifestyle, which encourages children to move more, sleep more and spend less screen time; (2) a healthy diet, which encourages children to drink more water, eat more fruit and vegetables and consume fewer sugar sweetened beverages. Below we show how the children are doing on achieving some of those strategies.

Children's moderate and vigorous level of physical activity (MVPA) as measured by accelerometer

In each study community, children were asked to wear an accelerometer for 6 days, which records the child's activity by each second. Average minutes per day of children's MVPA were obtained from the accelerometer data.

In Koror a total of 44 children had valid accelerometer data. Among those 44 children, daily

average minutes of moderate and vigorous physical activity (MVPA) were 66 (sd=24.4).

Sixty percent of those 44 children met the national recommendation of 60 minutes a day of MVPA. More boys than girls were physically active (Figure 2A). And children 6-8 years old were more physically active than 2-5 year olds (Figure 2B).

Figure 2A. Percentage of children in Koror meeting national recommendation of 60 minutes a day of moderate and vigorous types of physical activity by sex

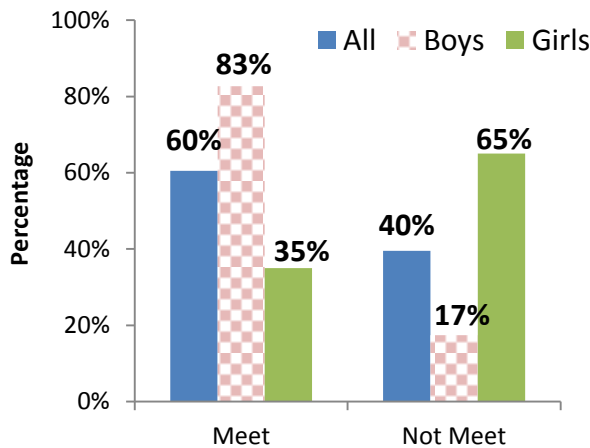
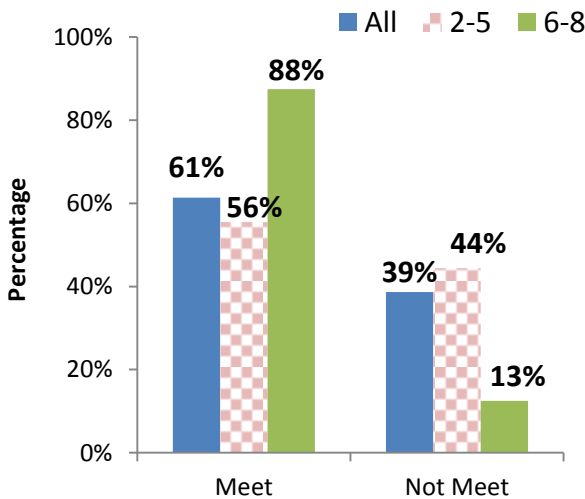


Figure 2B. Percentage of children in Koror meeting national recommendation of 60 minutes a day of moderate and vigorous types of physical activity by age group



One in three children (40%) did not meet the national recommendation of 60 minutes a day of

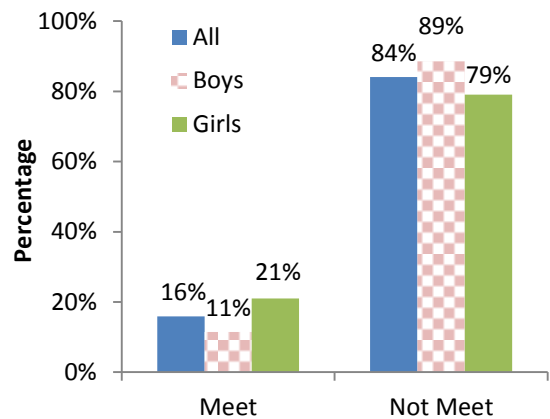
MVPA. In general, children were doing well in engaging in physical activity.

Children's screen time

A total of 135 children were included in the analysis of screen time. Among them, average screen time, such as watching TV, video games, or DVD, or playing active or inactive video games was 6.0 hours daily (sd=3.7).

While the national recommendation is for each child to spend 2 or less hours on screens every day, only 16% of our study children, and less girls (11%) than boys (21%), met this recommendation (Figure 3).

Figure 3. Percentage of children in Koror meeting the national recommendation of each child to spend 2 or fewer hours of screen time every day by sex



Four out of five (84%) of children appear to be spending too much time watching screens! This is an opportunity for both parents and educators to intervene to help children spend less screen time.

Children Sleep Duration

A total of 130 children were included in the analysis of sleep duration. The average number of hours of sleep per day was 9.9 (sd=1.6).

Among the one hundred 2-5 year olds, 35% met the national recommendation for sleep of between 11-13 hours daily (11-13 hours in the graph). Another 59% of children slept more than 8 hours but less than 11 hours daily (8-10 hours in the graph). Six percent of children slept less than 8 hours (<8 hours in the graph) (Figure 4).

For more information about this report or the CHL Program, contact:

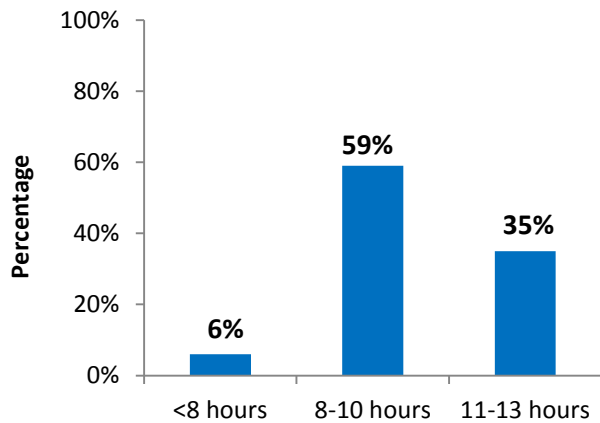
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Figure 4. Percent of children 2-5 years old among 3 groups of sleep duration



Acknowledgements

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